

Stroke Myth

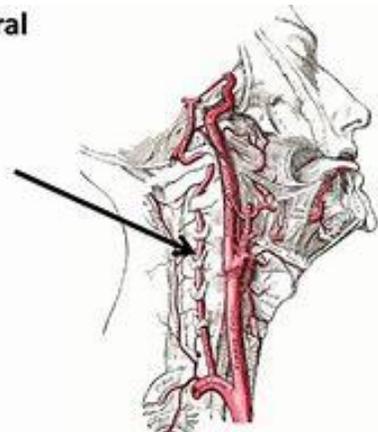
Chiropractors have recently been in the spotlight for the potential to cause a stroke from adjusting the neck region (Vertebral artery Dissection). It is true the vertebral artery runs through the cervical vertebrae and exits the spine directly under the skull before it enters the brain. It is acclaimed that when chiropractors adjust the neck this artery has a small chance of rupturing causing a stroke.

What is not explained to the public is that those prone to a stroke are more likely to have a stroke from turning their head in a car or looking at the stars than getting their neck adjusted. It is proven that one is just as likely to have a stroke when visiting their primary care doctor as visiting their chiropractor. **The risk of having a stroke when visiting a chiropractor is 1 in 1 million treatments! The Canadian Malpractice study in 2001 showed the incidence rate to be 1 in 8.06 million office visits!**

As a chiropractor we go through extensive training in the basic sciences including anatomy, physiology, and pathophysiology of the human body. We go through careful training in how to adjust to limit the risks as much as possible. Before being adjusted there will be a careful examination to rule out the risk of a stroke. If concerned about the risk, we will perform additional testing and will alter our treatment approach to further limit the risks.

Chiropractic is known for treating headaches and neck pain. With this said, don't limit being treated through chiropractic and receiving relief due to the myth that chiropractors are likely to cause a stroke. If any questions arise, please consult Dr. Deimler.

Right Vertebral Artery



Scott, Haldaman, et al. *Arterial Dissections Following Cervical Manipulation: the Chiropractic Experience*. Canadian Medical Association, 2001, Arterial dissections following cervical manipulation: the chiropractic experience.

Lee, Vivien H., et al. "Incidence and Outcome of Cervical Artery Dissection." *Neurology*, Wolters Kluwer Health, Inc. on Behalf of the American Academy of Neurology, 28 Nov. 2006, n.neurology.org/content/67/10/1809.



